



LEARNING ENGLISH WITH ARTIFICIAL INTELLIGENCE: THE HIDDEN CHALLENGES BEHIND CONVENIENCE

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Abstract . This article talks about the pros and cons of using AI to help you learn English. AI technologies make learning a new language faster, easier, and more fun. But there are some downsides to this convenience, like less ability to think for yourself, too much dependence on technology, and a lack of real-life communication skills. The article talks about the pros and cons of AI tools and gives suggestions for how to use them in language learning in a balanced way.


Annotatsiya. Ushbu maqola sun'iy intellekt yordamida ingliz tilini o'rganishning zamonaviy imkoniyatlari va yashirin muammolarini tahlil qiladi. Bugungi kunda AI texnologiyalari til o'rganishni oson, tez va interaktiv jarayonga aylantirmoqda. Biroq, ushbu qulaylik ortida mustaqil fikrlashning pasayishi, haddan tashqari texnologiyaga bog'lanish va real muloqot ko'nikmalarining yetarlicha rivojlanmasligi kabi muammolar mavjud. Maqolada sun'iy intellektdan samarali foydalanish yo'llari va uning ta'limdagi o'rni muvozanatli tarzda yoritiladi.

Аннотация. Данная статья рассматривает возможности и скрытые проблемы изучения английского языка с использованием искусственного интеллекта. Современные AI-технологии делают процесс обучения более быстрым, удобным и интерактивным. Однако за этой удобностью скрываются такие недостатки, как снижение самостоятельного мышления, чрезмерная зависимость от технологий и недостаточное развитие навыков живого общения. В статье также предлагаются эффективные способы сбалансированного использования искусственного интеллекта в обучении языкам.

Key words: Artificial Intelligence, English language learning, AI technologies, online education, independent thinking, over-reliance on technology, interactive learning, language skills, digital education, communication skills

Introduction

In recent years, artificial intelligence has become an essential part of everyday life, especially in the field of education. Learning English, which was once limited to classrooms, textbooks, and face-to-face interaction, has now transformed into a highly digital and accessible process. With the help of AI-powered tools, learners can practice grammar, improve pronunciation, and receive instant feedback at any time and from anywhere. This level of convenience has made language learning more flexible and attractive for students.



around the world. However, while artificial intelligence offers undeniable advantages, it also raises important questions about the quality and depth of learning. Many learners begin to rely heavily on technology, sometimes at the expense of their own critical thinking and creativity. In addition, the lack of real human interaction may limit the development of authentic communication skills, which are essential for mastering a language.

This article aims to explore both the benefits and the hidden challenges of learning English with artificial intelligence, highlighting the importance of maintaining a balanced approach in order to achieve effective and meaningful language acquisition.

Main body


The integration of artificial intelligence into language learning has attracted significant attention in recent years, particularly in the context of English language acquisition. Researchers highlight that AI-powered tools, such as intelligent tutoring systems and language learning applications, provide personalized feedback and adaptive learning environments that enhance learner engagement and autonomy (John McCarthy, 2007; Geoffrey Hinton et al., 2012). These technologies allow learners to practice language skills at their own pace, making education more flexible and accessible.

Moreover, studies have shown that AI-based platforms can significantly improve specific language skills, especially vocabulary acquisition and pronunciation. According to Rod Ellis (2015), digital tools create opportunities for repeated exposure and immediate correction, which are crucial for effective language learning. Similarly, Michael Long (1996) emphasizes the importance of interaction in language acquisition, which AI attempts to simulate through chatbots and virtual assistants.

However, despite these advantages, several scholars point out the limitations of AI in developing deeper communicative competence. Lev Vygotsky's (1978) sociocultural theory suggests that learning is inherently social and depends on meaningful human interaction. Over-reliance on AI tools may reduce opportunities for authentic communication, thereby limiting learners' ability to use language effectively in real-life situations. Furthermore, Neil Selwyn (2019) argues that excessive dependence on digital technologies can negatively impact critical thinking and learner independence.

In addition, concerns have been raised regarding the ethical and cognitive implications of AI-assisted learning. Researchers note that while AI can provide quick solutions, it may encourage surface-level learning rather than deep understanding (Shoshana Zuboff, 2019). This suggests that although AI is a powerful educational tool, it should be used carefully and in combination with traditional learning methods.

One of the central concepts in learning English with artificial intelligence is personalized learning. AI-powered platforms analyze learners' performance and adapt content according to their individual needs. This allows students to focus on their weaknesses, whether it is grammar, vocabulary, or pronunciation. As a result, learning becomes more efficient compared to traditional one-size-fits-all approaches. Moreover, AI tools provide instant




feedback, which helps learners correct mistakes immediately and reinforces correct language use.

Another important concept is accessibility and flexibility. With AI technologies, learners are no longer restricted by time or location. They can practice English anytime and anywhere using mobile applications, chatbots, or online platforms. This has made language learning more inclusive, especially for those who do not have access to formal education. In addition, AI enables interactive learning, where users engage in simulations, conversations, and gamified tasks that increase motivation and engagement.

However, despite these advantages, there are significant challenges associated with AI-based learning. One of the key issues is over-reliance on technology. Many learners depend too much on AI tools for translation, writing, and even thinking. This can reduce their ability to generate ideas independently and weaken critical thinking skills. Instead of actively learning, students may become passive users of technology.

Another critical concern is the lack of authentic human interaction. Language is not only a system of rules but also a social tool used in real-life communication. While AI can simulate conversations, it cannot fully replicate the emotional, cultural, and contextual aspects of human interaction. As a result, learners may struggle with real-life communication, including understanding nuances, body language, and natural speech patterns. Furthermore, AI-based learning may lead to surface-level understanding. Since AI tools often provide quick answers and corrections, learners might focus on getting the correct result rather than understanding the underlying rules. This can limit deep learning and long-term retention of knowledge. In some cases, students may also develop a false sense of proficiency, believing they are more skilled than they actually are.

Empirical Study: Evaluating the Use of Artificial Intelligence in English Language Learning



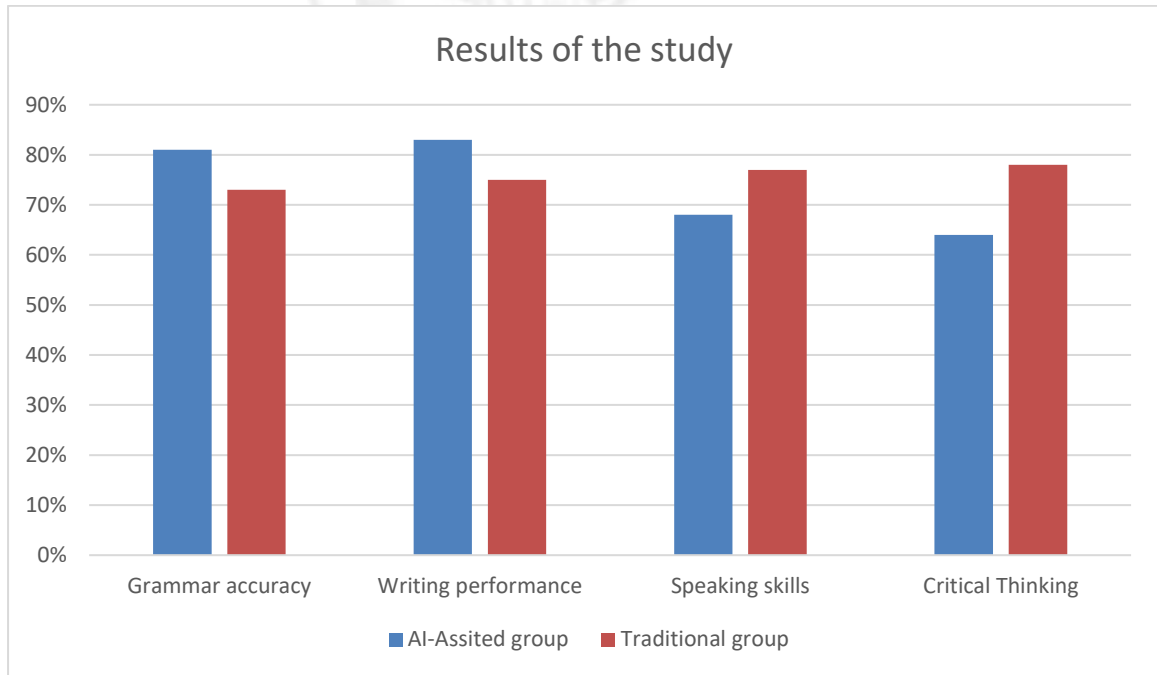
To better understand the practical impact of artificial intelligence on English language learning, a small-scale empirical study was conducted at a university in UzSWLU Tashkent, Uzbekistan, between March and April 2026. The study involved 36 undergraduate students majoring in non-linguistic fields, with an English proficiency level ranging B2.

The participants were divided into two equal groups of 18 students. Over a period of four weeks, both groups followed the same learning objectives and materials. However, their learning approaches differed. The experimental group was allowed to use AI-based tools, including writing assistants, grammar correction software, and conversational chatbots. In contrast, the control group relied on traditional learning methods such as textbooks, teacher feedback, and peer interaction.

To ensure consistency, all students studied for approximately five hours per week. At the end of the experiment, both groups were assessed through a comprehensive evaluation consisting of a grammar test, a writing task, a speaking interview, and a critical thinking essay completed without external assistance.



The findings revealed a mixed pattern of outcomes. The experimental group demonstrated higher performance in structurally measurable skills. Their average grammar score reached 81%, compared to 73% in the control group. Similarly, in writing tasks, the AI-assisted group achieved an average score of 83%, while the traditional group scored 75%. However, the results differed significantly in areas requiring independent cognitive and communicative abilities. In the speaking interview, the control group outperformed the AI group, achieving 77%, whereas the experimental group scored 68%. A similar trend was observed in the critical thinking essay, where the traditional group averaged 78%, compared to 64% in the AI-assisted group.




These results indicate that while artificial intelligence can effectively support the development of grammatical accuracy and structured writing, it may simultaneously limit the development of spontaneous communication and independent thinking. Students who relied heavily on AI tools appeared to produce more accurate language but struggled when required to generate ideas without technological support or engage in real-time interaction.

Overall, the study suggests that artificial intelligence is a valuable supplementary tool in language learning but should not replace traditional methods entirely. A balanced approach that combines AI assistance with human interaction and independent practice is more likely to result in comprehensive language development.

Conclusion

In conclusion, the incorporation of artificial intelligence into English language learning signifies a notable progression and a multifaceted challenge. This study shows that AI tools can help with the technical parts of learning a language, especially grammar accuracy and writing performance. Modern learners find them very appealing because they can give instant feedback, tailor learning experiences to each student, and be available all the time.





But the results also show important limits that can't be ignored. Relying too much on AI technologies could make it harder to learn important skills like critical thinking, learning on your own, and talking to people in real life.

Language is inherently a profound social and cognitive process, which artificial systems cannot entirely replicate. Students who rely too much on AI may be able to get things right on the surface, but they won't be able to come up with ideas on the spot or interact well in real-life situations.

So, it's very important to take a balanced approach to learning a language. People shouldn't think of AI as a replacement for traditional methods; instead, they should see it as a tool that works with human interaction, teacher guidance, and independent practice. Students can make more meaningful and lasting progress by combining the speed of technology with the depth of learning that focuses on people.

The real value of AI in education isn't just how easy it is to use, but also how smart and critical it is used.

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